

Teriyaki Stir Fry



Ingredients

Stir Fry:

- 1.5 bell pepper cut into strips
- 1.5 large carrots julienned
- 1 ½ cups broccoli
- 1 ½ cup peas or green beans
- 1 onion diced
- Olive Oil
- 2 cups rice
- 2 cups water

Sauce:

- ¼ cup low sodium soy sauce
- 5 Tbsp brown sugar
- ½ tsp ground ginger
- 1 tsp minced garlic
- 2 Tbsp honey
- 1 tsp apple cider vinegar
- 2 Tbsp cornstarch
- 1 ¼ cup water

Utensils

- Medium skillet
- 2 Small pots
- Whisk
- Spatula
- Measuring cups and spoons



Recipe Instructions

Step 1: Cook Rice

Add water and rice into a small pot and bring to a boil.

Once boiling, turn down to low to simmer with the **lid on** for 15 minutes.

Step 2: Heat Skillet

Put skillet on the stove over medium high heat and add olive oil.

Let heat for about 1 minute.

Step 3: Sauté Veggies

Add all of the veggies into your skillet and stir occasionally to help them cook evenly.

We are cooking the veggies until they are tender.

Step 4: Sauce

In a separate small pot, add all of the sauce ingredients, whisk, and bring to a boil for about 1 minute.

Continue to whisk occasionally to prevent any ingredients from clumping.

Step 5: Finishing

Once your sauce has boiled for 1 minute and your veggies are tender, pour all of the sauce into the skillet with the veggies.

Mix veggies and sauce together with a spatula.

Step 6: Plate and Enjoy!

Scoop some rice onto a plate or bowl, add your veggies and sauce on top and enjoy!!

For a pop of crunch, you can sprinkle some sesame seeds on top if you have them!



Scan this QR code with your phone for an instructional video on how to make this recipe!

Kitchen Safety Tips:

- Notify anyone in the kitchen that you will be using the stove.
- If you have a metal pot, be sure to use pot holders.